

Thursday, Dec. 10th COVID-19 Update

POSITIVES:

1,791 new cases

114,731 total cases statewide

DECEASED:

23 additional deaths

1846 total deaths statewide

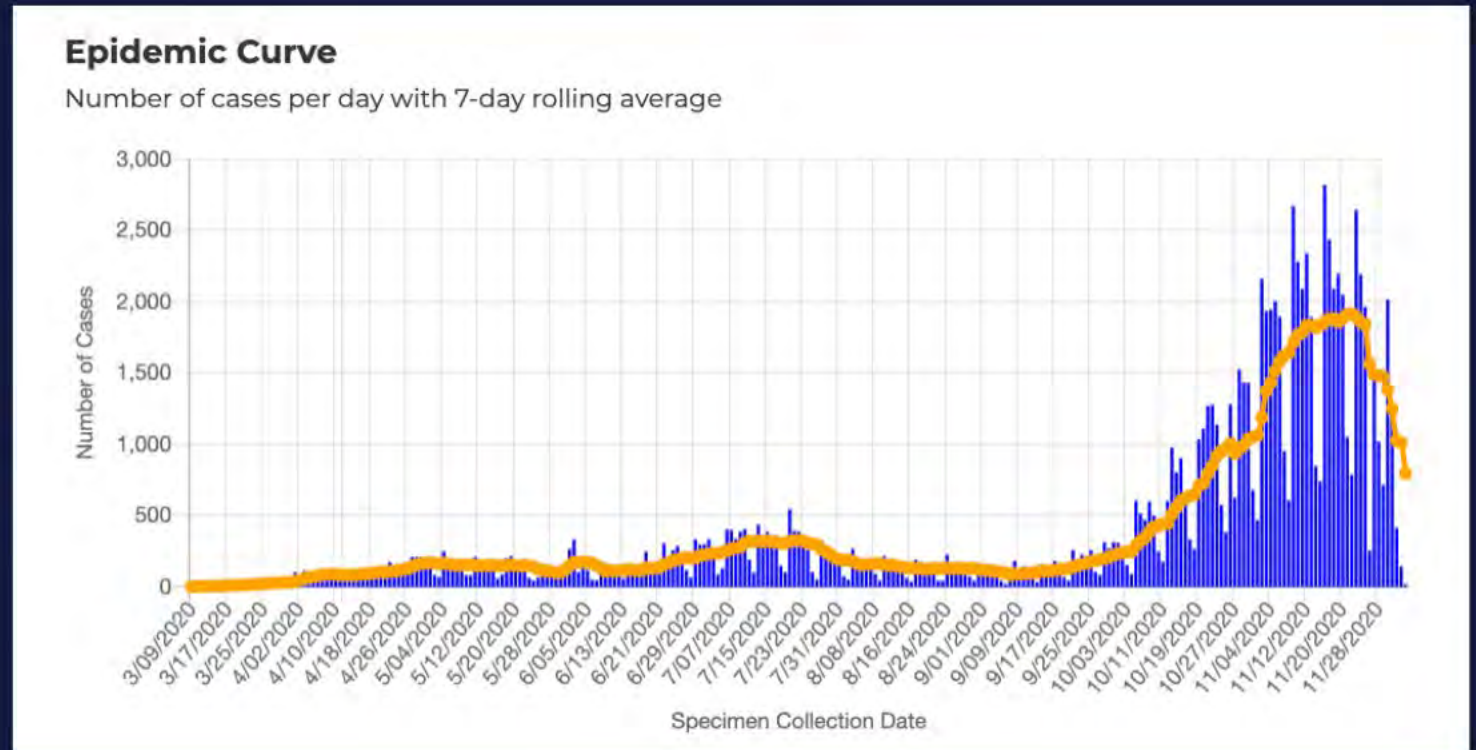
HOSPITALIZATIONS:

916 current COVID-19 hospitalizations,

159 on ventilators

We must keep up the fight!

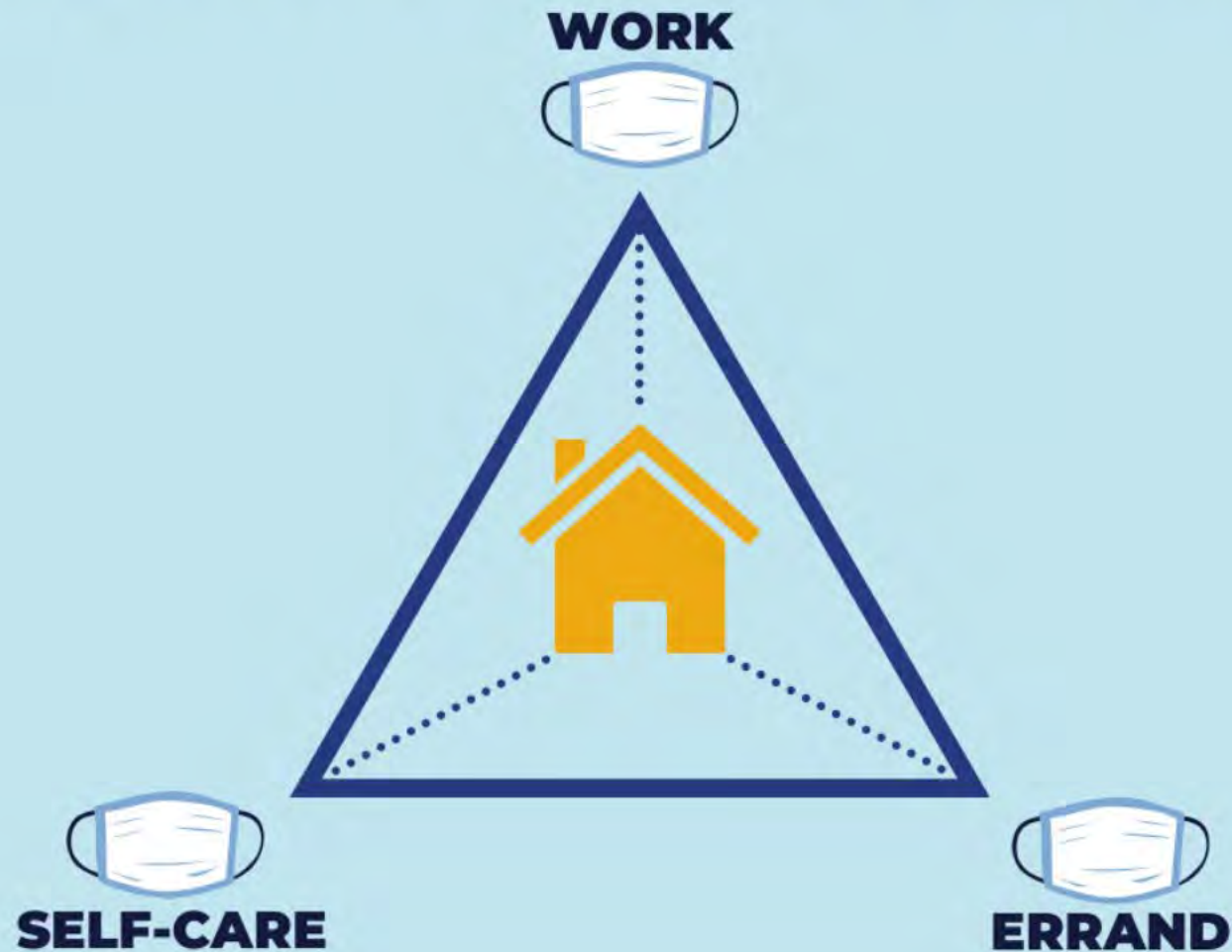
- Test positivity down
- 7-day rolling average for test positivity has decreased **from 24% on Nov. 24 to 13% on Dec. 6**
- Statewide r -effective (a measure of the rate of viral spread) has decreased **from 1.3 on Nov. 9 to 0.79 on Dec. 6**



We must keep up the fight!

- New Mexico hospitals need all of us to step up.
 - Avoid unnecessary travel outside of the home
 - Avoid groups and gatherings
 - Mask up
- New Mexico small businesses and local economies need all of us to step up.
 - When more of us get tested, we can drive down positivity rates – and move counties into the **Yellow** and **Green**.
 - The best gift you can get a local business this holiday season is to get tested – visit togethernm.org and find a site near you.

The Daily COVID-Safe Triangle



Stay safe, **New Mexico!**

togethernm.org

Vaccine Distribution Update

- NM is waiting to hear from the FDA on the Pfizer vaccine approval. Once approved, **NM will receive first shipment of 17,550 vaccine doses** – could come as early as next week.
- **First shipment of Pfizer vaccine** doses will go to hospitals to vaccinate and **protect frontline health care workers** at high to medium risk. DOH has notified NM hospitals of initial allotments so they can be prepared and ready to go ASAP.
- NM is preparing to receive additional shipments of vaccine doses, including from Moderna – Moderna vaccine would be directed to protect patients and staff at long-term care facilities.

Pandemic Relief Available

- Grants for New Mexico small businesses
 - \$100 million available
 - Application closes Dec. 18
 - nmfinance.com
- Unemployment assistance for New Mexicans
 - \$194 million in supplemental unemployment payments
 - \$1,200 checks will be distributed this month
 - No additional action required from New Mexicans on UI
- Housing assistance
 - \$15 million in additional aid for emergency housing support
 - Application open sDec. 10
 - housingnm.org

TESTING 101

PUBLIC HEALTH KEY TERMS



Case Patient

A person who has tested positive for the **COVID-19** virus.



Contact

Someone who has been within a 6 foot radius of someone who is ill for longer than 3 minutes.



Contact Tracing

The process of tracing and monitoring contacts of case patients.



Isolation

For someone who is ill.

Quarantine

For someone who has had close contact with someone ill.

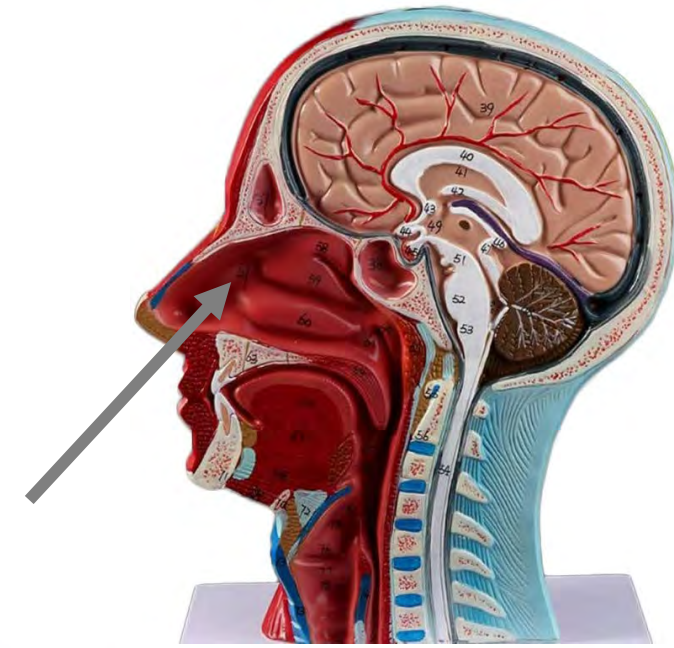
The goal is to minimize spread of the virus by quickly identifying everyone infected and exposed, and encouraging them to stay home to avoid spreading it.

NEW MEXICO TESTING STRATEGY GOAL: ACCURATE, ACCESSIBLE, TIMELY TESTING FOR ALL NEW MEXICANS

- Accurate:
 - Lab PCR > *Lab Antigen** > rapid PCR > rapid Antigen >>> *home test strips*
 - Antibody (after the fact, not diagnostic)
- Accessible:
 - *Home self** > home video supervision > drive through > facility
 - Saliva > mouth swab > nasal swab > nasopharyngeal swab
 - Increasing number of collection suppliers increases accessibility
- Timely (from time you need to get the test to time you get the result)
 - Increasing the number of suppliers in addition to SLD, TriCore, PCNM allows testing turnaround to be faster
 - Curative: 10 SE NM DOH sites, 3 in Albuquerque Metro (Balloon Fiesta Park, Rio Rancho, Los Lunas), 1 each in San Juan, Luna and Rio Arriba counties
 - 2 sites in Southern NM opening this and next week (Las Cruces, Sunland Park)
 - Vault Medical Services: Childcare professionals, DD waiver, PED
- *PLUS*: Completely new strategies (wastewater)

*Not yet available, but soon

HOW TO COLLECT YOUR ANTERIOR NASAL SWAB SAMPLE CDC



1 Remove the swab from the container, being careful not to touch the soft end, which is the absorbent tip.



2 Insert the entire absorbent tip of the swab into your nostril, but do not insert the swab more than $\frac{3}{4}$ of an inch (1.5 cm) into your nose.



3 Slowly rotate the swab in a circular path against the inside of your nostril at least 4 times for a total of 15 seconds. Be sure to collect any nasal drainage that may be present on the swab.



4 Gently remove the swab.

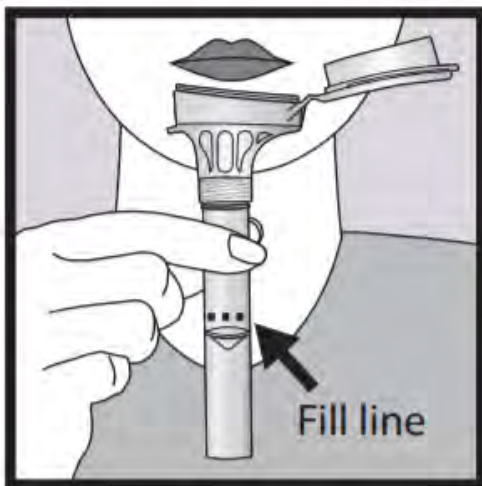
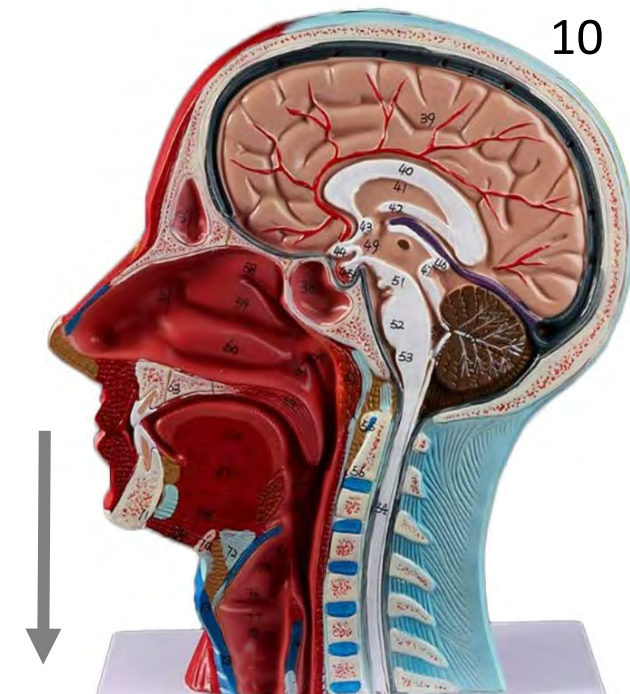


5 Using the same swab, repeat steps 4-6 in your other nostril.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/COVID-19-anterior-self-swab-testing-center.pdf>

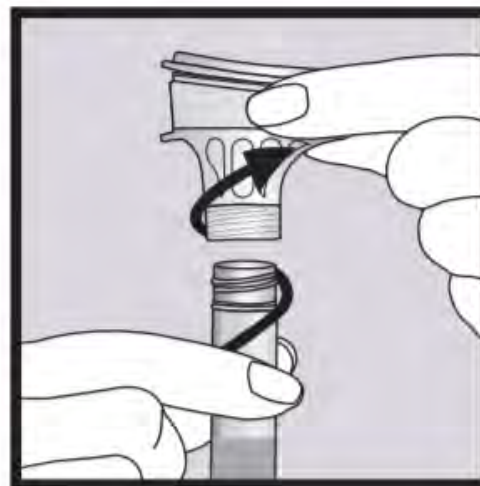
HOW TO COLLECT YOUR SALIVA SAMPLE FDA



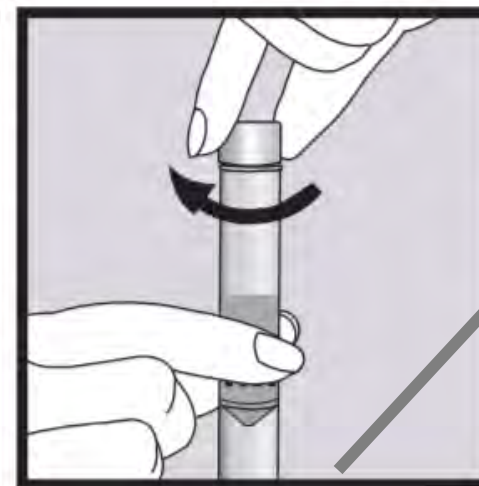
1 Spit until the amount of saliva (not bubbles) reaches the fill line.



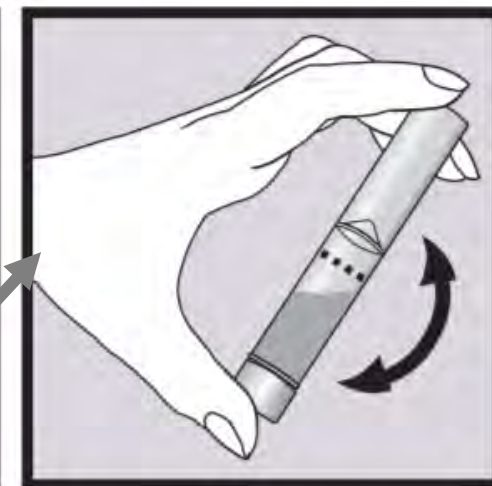
2 Close lid tightly by pushing down hard on the funnel lid until you hear a loud click.



3 Unscrew the funnel from the tube.



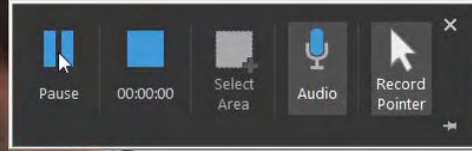
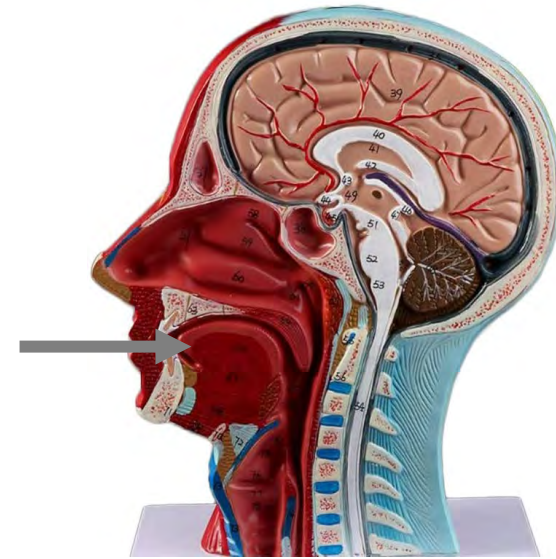
4 Use small cap to close tube tightly.



5 Shake the capped tube for 5 seconds.

HOW TO COLLECT YOUR ORAL SWAB SAMPLE

CITY OF LOS ANGELES



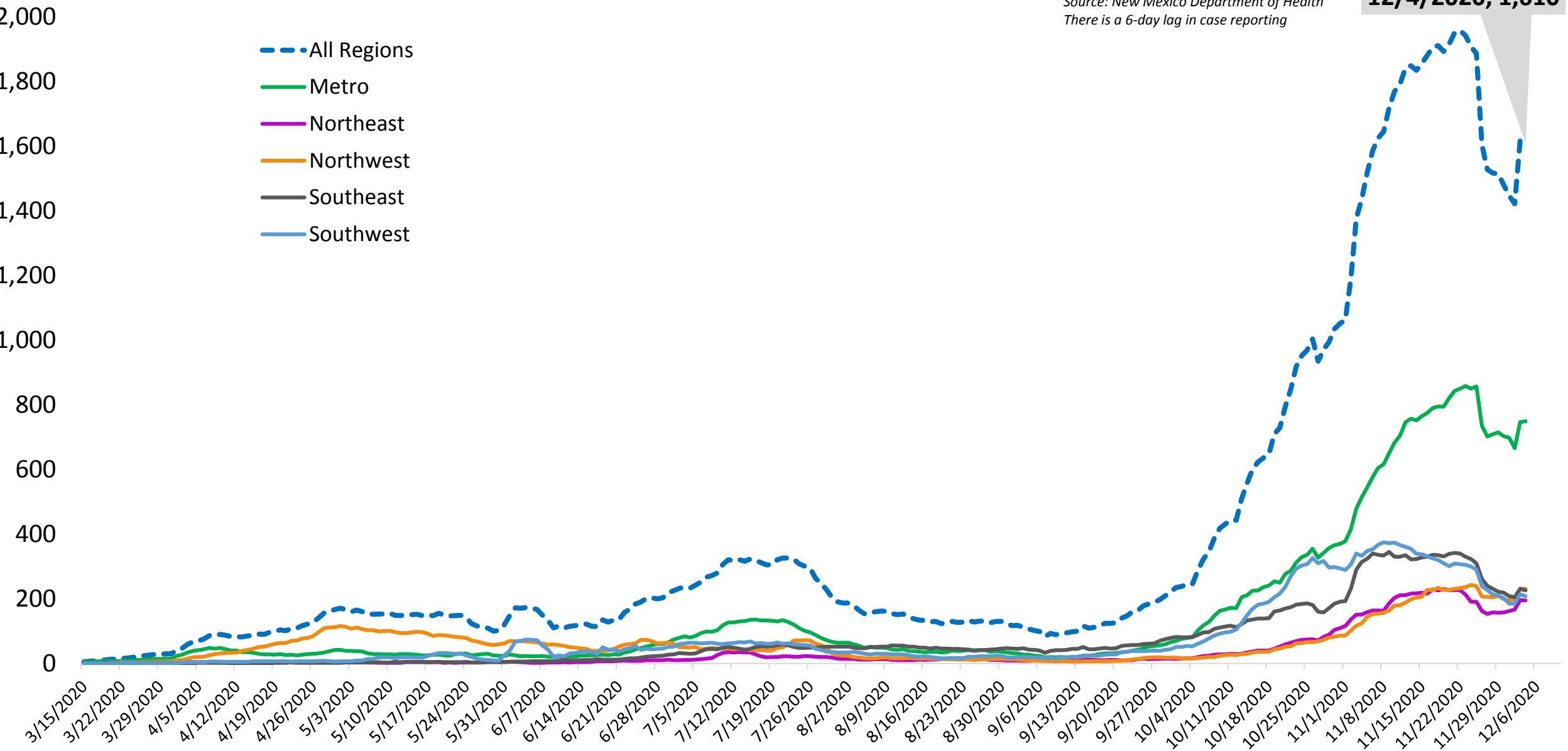
STEP 1

Cough 3-5 times to help bring up secretions from your lungs.

7-Day Average of Daily COVID-19 Positive Cases by Date of Specimen Collection, NMDOH Regions 12/10/2020

Source: New Mexico Department of Health
There is a 6-day lag in case reporting

12/4/2020, 1,610



Mean Miles Traveled in New Mexico

8

7

6

5

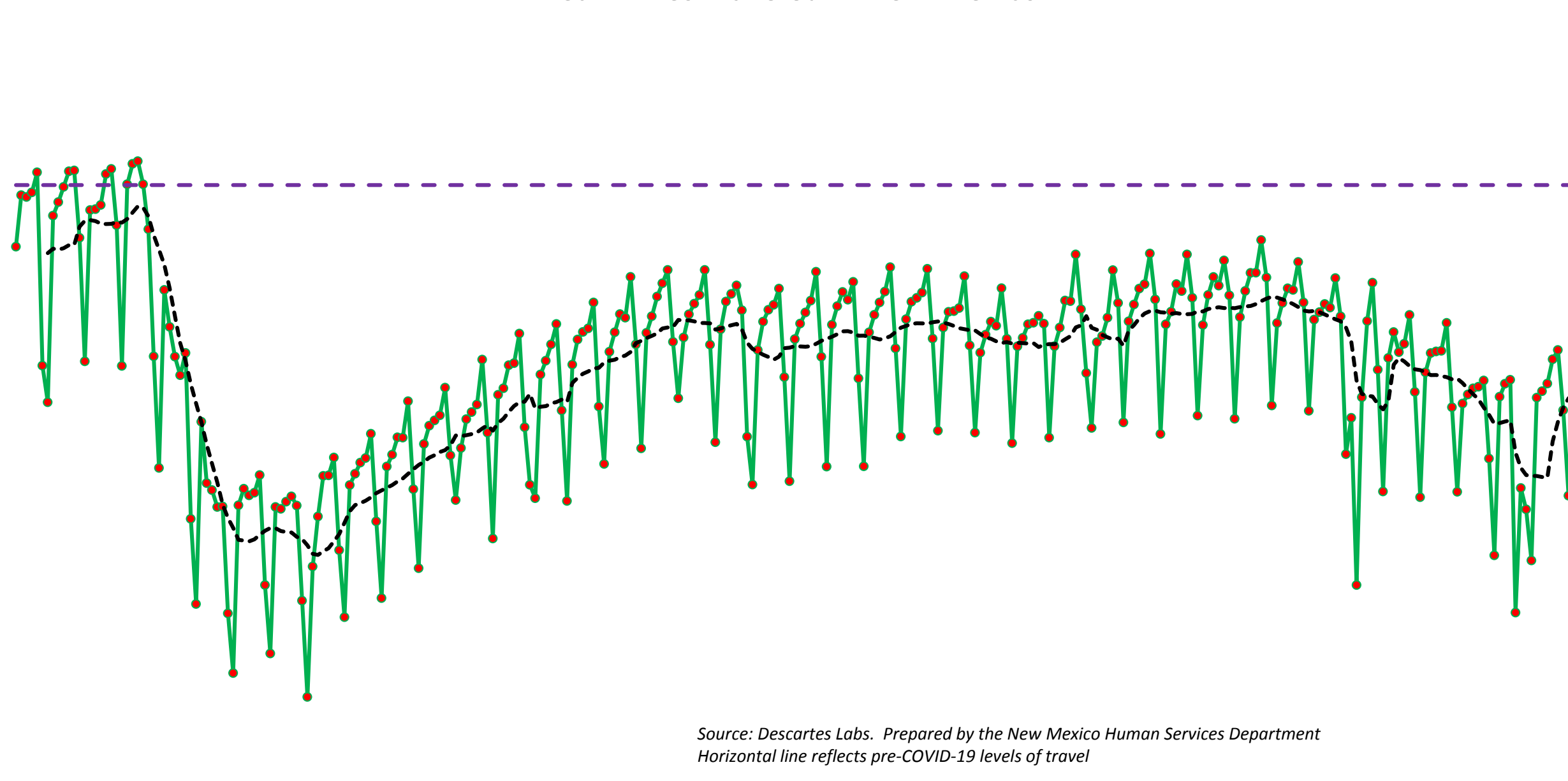
4

3

2

2/17/2020 Mo
2/20/2020 Th
2/23/2020 Su
2/26/2020 W
2/29/2020 Sa
3/3/2020 Tu
3/6/2020 F
3/9/2020 Mo
3/12/2020 Th
3/15/2020 Su
3/18/2020 W
3/21/2020 Sa
3/24/2020 Tu
3/27/2020 F
3/30/2020 Mo
4/2/2020 Th
4/5/2020 Su
4/8/2020 W
4/11/2020 Sa
4/14/2020 Tu
4/17/2020 F
4/20/2020 Mo
4/23/2020 Th
4/26/2020 Su
4/29/2020 W
5/2/2020 Sa
5/5/2020 Tu
5/8/2020 F
5/11/2020 Mo
5/14/2020 Th
5/17/2020 Su
5/20/2020 W
5/23/2020 Sa
5/26/2020 Tu
5/29/2020 F
6/1/2020 Mo
6/4/2020 Th
6/7/2020 Su
6/10/2020 W
6/13/2020 Sa
6/16/2020 Tu
6/19/2020 F
6/22/2020 Mo
6/25/2020 Th
6/28/2020 Su
7/1/2020 W
7/4/2020 Sa
7/7/2020 Tu
7/10/2020 F
7/13/2020 Mo
7/16/2020 Th
7/19/2020 Su
7/22/2020 W
7/25/2020 Sa
7/28/2020 Tu
7/31/2020 F
8/3/2020 Mo
8/6/2020 Th
8/9/2020 Su
8/12/2020 W
8/15/2020 Sa
8/18/2020 Tu
8/21/2020 F
8/24/2020 Mo
8/27/2020 Th
8/30/2020 Su
9/2/2020 W
9/5/2020 Sa
9/8/2020 Tu
9/11/2020 F
9/14/2020 Mo
9/17/2020 Th
9/20/2020 Su
9/23/2020 W
9/26/2020 Sa
9/29/2020 Tu
10/2/2020 F
10/5/2020 Mo
10/8/2020 Th
10/11/2020 Su
10/14/2020 W
10/17/2020 Sa
10/20/2020 Tu
10/23/2020 F
10/26/2020 Mo
10/29/2020 Th
11/1/2020 Su
11/4/2020 W
11/7/2020 Sa
11/10/2020 Tu
11/13/2020 F
11/16/2020 Mo
11/19/2020 Th
11/22/2020 Su
11/25/2020 W
11/28/2020 Sa
12/1/2020 Tu
12/4/2020 F
12/7/2020 Mo

Source: Descartes Labs. Prepared by the New Mexico Human Services Department
Horizontal line reflects pre-COVID-19 levels of travel



WHERE COVID-19 OUTBREAK IS WORST NOW NEW YORK TIMES

NEW MEXICO

	TOTAL REPORTED	ON DEC. 9	14-DAY CHANGE
Cases	112,950	1,748	-32% ↘
Deaths	1,823	34	+20% ↗
Hospitalized	7,597	917	+11% →

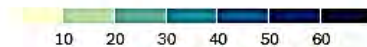
HIGHEST AVERAGE DAILY CASES, METRO AREA, LAST TWO WEEKS

Average daily cases, last two weeks

METRO OR MICRO AREA	POPULATION	RECENT CASES	DAILY PER 100K
1 Cumberland, Md.	97,284	2,236	164.2
2 Roswell, N.M.	64,615	1,323	146.3
3 Scottsboro, Ala.	51,626	1,045	144.6
4 Hutchinson, Kan.	61,998	1,254	144.5
5 Johnstown, Pa.	130,192	2,624	144.0
6 Carson City, Nev.	55,916	1,087	138.9
7 Pueblo, Colo.	168,424	3,221	136.6
8 Gallup, N.M.	71,367	1,339	134.0
9 Salina, Kan.	59,928	1,072	127.8
10 Yuma, Ariz.	213,787	3,669	122.6
11 Kokomo, Ind.	82,544	1,400	121.1
12 Greenville, Ohio	51,113	866	121.0
13 St. Cloud, Minn.	201,964	3,280	116.0
14 Rexburg, Idaho	53,006	858	115.6
15 Hobbs, N.M.	71,070	1,112	111.8
16 Helena, Mont.	81,653	1,271	111.2
17 Grand Forks, N.D.	100,815	1,545	109.5
18 Jasper, Ind.	55,125	839	108.7
19 Danville, Ky.	54,609	826	108.0
20 Cheyenne, Wyo.	99,500	1,502	107.8
407 New York City area	20.0 mil.	126,491	45.2

NM currently ranks 24th among states for daily case average in last 7 days per 100,000 residents. Ten days ago, NM ranked in top 6.

Metro data limited to areas with at least 50,000 people. Recent cases are those announced in the last two weeks, but in some cases may have taken place earlier because of delays in reporting. Updated December 10, 2020, 7:59 A.M. E.T. Total NM hospitalization reported by NMDOH as of 11/23. <https://www.nytimes.com/interactive/2020/04/23/upshot/five-ways-to-monitor-coronavirus-outbreak-us.html>



NM COVID-19 DAILY CASE RATES PER 100,000 BY AGE GROUP

Daily Case Rates per 100,000 by Age Group

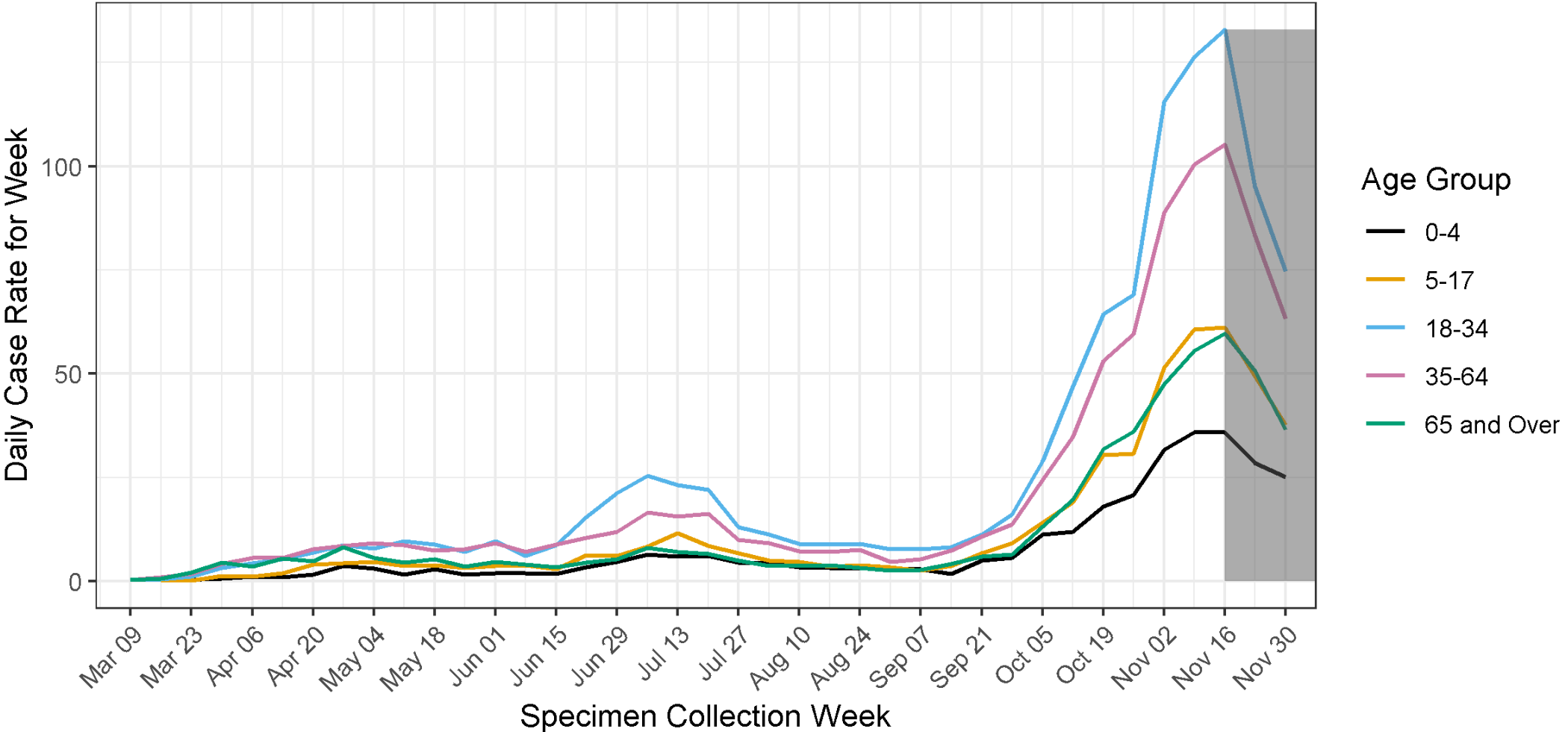


Figure excludes 38 individuals without age information, individuals who are not residents of New Mexico, and individuals in ICE custody. Positive tests collected during the grayed out period may not yet be reported.

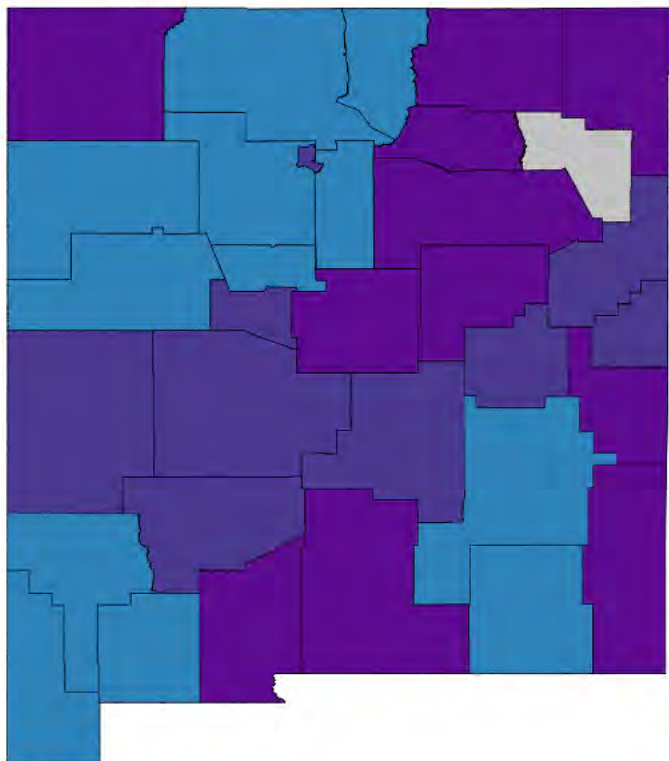


Weekly Growth Rate for NM: Another View (Dec 7)

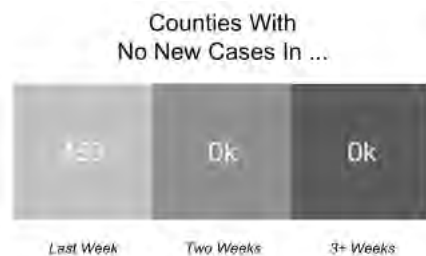
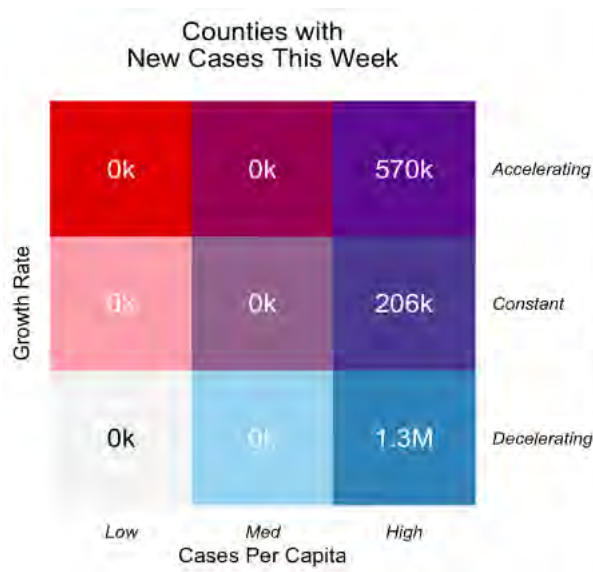
COVID-19 across New Mexico

A 7-day moving window comparison

December 7, 2020



Impacted New Mexicans



Growth Rates

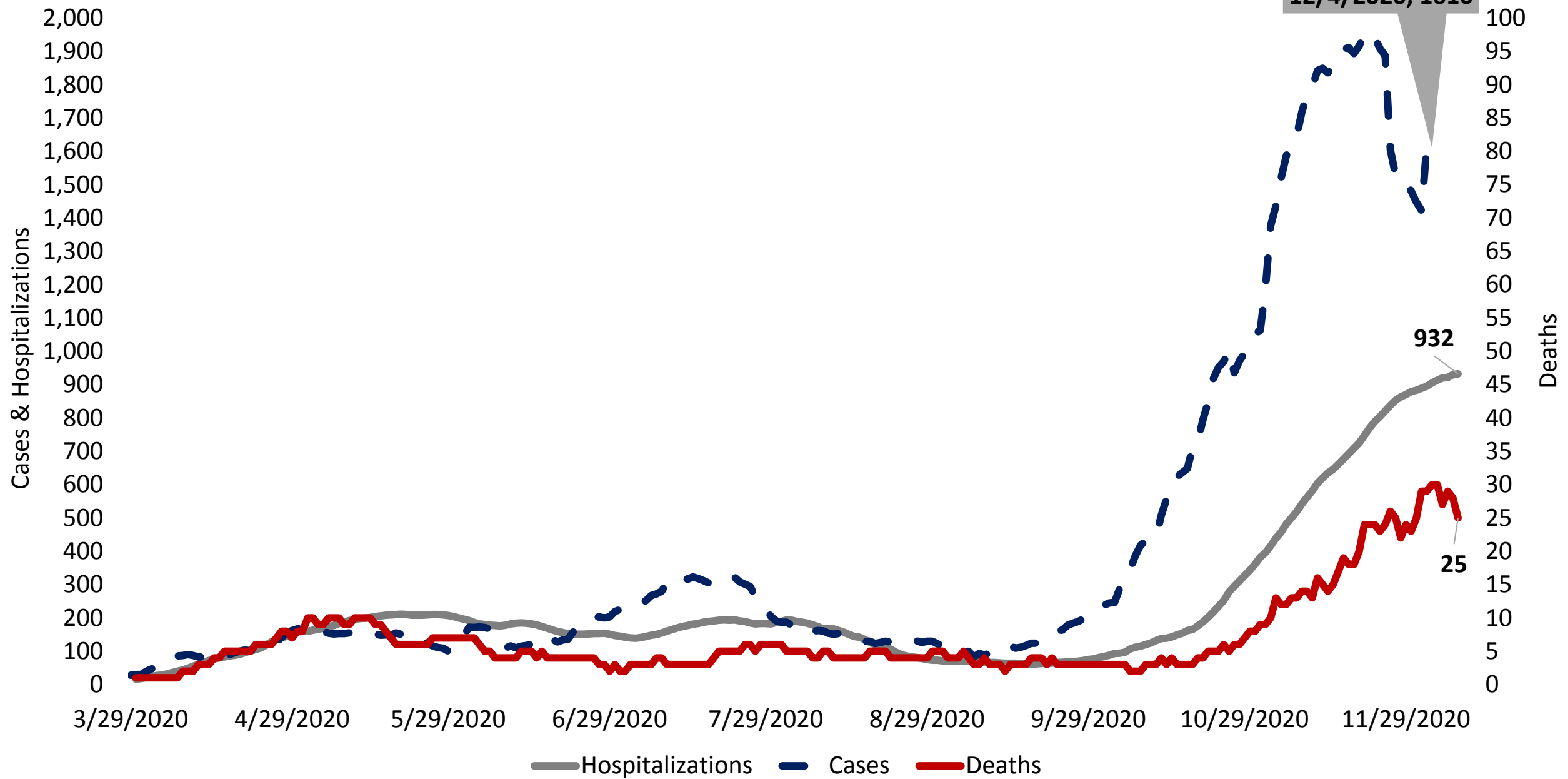
- 1.3M people live in a decelerating county
- 206k live in a constant growth rate county
- 570,000 accelerating county (12 counties total)

Number of New Mexicans living in regions with particular combinations of per capita case counts and 7-day growth rates

Low <10 cases/100k
 Med 10-99 cases/100k
 High >100 cases/100k

NM COVID-19 Daily Cases by Specimen Collection Date, Hospitalizations, and Deaths

7 Day Rolling Average



NM MEDICAL ORDERS FOR SCOPE OF TREATMENT (MOST) FORM

- MOST translates care preferences into medical orders understood across all care settings.
- MOST should be completed by patients and their healthcare providers, based on patient's current state of health.
 - It must be signed and dated by the patient or healthcare decision maker and a physician, advanced practice nurse, or physician assistant to be valid.
- If there is a conflict between an earlier advance directive and MOST, latest choices made by patient are followed.
 - A patient may update their directive at any time.
- Back of MOST can be used to assign a healthcare decision maker; this page can only be completed, signed, and dated by the patient.
- Learn more, and download the form, at: <https://www.nmmost.org/>

SEND FORM WITH PATIENT WHENEVER TRANSFERRED OR DISCHARGED		
<small>This medical order is consistent with the patient's wishes and should be considered in the same manner as a DNR order issued prior to a hospitalization. The New Mexico MOST is an advance healthcare directive or healthcare decision and must be honored in accordance with state law (NMSA 1978§24-7A-1 et seq.) If there is a conflict between this directive and an earlier directive, the most current choices made by the patient or the Healthcare Decision Maker shall control.</small>		
New Mexico Medical Orders For Scope of Treatment (MOST)		Last Name/First/Middle Initial
First follow these orders, then contact the healthcare provider. These medical orders are based on the person's current medical condition and preferences. Any section not completed does not invalidate the form.		Address
		City/State/Zip
		Date of Birth (mm/dd/yyyy)
A	EMERGENCY RESPONSE SECTION: Person has no pulse or is not breathing.	
Check One	<input type="checkbox"/> Attempt Resuscitation/CPR <input type="checkbox"/> Do Not Attempt Resuscitation/DNR	
When not in Cardiopulmonary arrest, follow orders in B, C and D.		
B	MEDICAL INTERVENTIONS: Patient has a pulse	
Check One	<input type="checkbox"/> Comfort Measures: Do not transfer to hospital unless comfort needs cannot be met in current location. Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort.	
	<input type="checkbox"/> Limited Additional Interventions: May include care as described above. Use medical treatment, IV fluids and cardiac monitor as indicated. Do not use intubation, advanced airway interventions, or mechanical ventilation. Transfer to hospital if indicated. Avoid Intensive Care.	
	<input type="checkbox"/> All Indicated Interventions: May include care as described above. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Includes Intensive Care.	
Additional Orders:		
C	ARTIFICIALLY ADMINISTERED HYDRATION / NUTRITION:	
Check One	(Always offer food and liquids by mouth if feasible and desired.)	
	<input type="checkbox"/> No artificial nutrition. <input type="checkbox"/> No artificial hydration.	
	<input type="checkbox"/> Time-limited trial of artificial nutrition. <input type="checkbox"/> Time-limited trial of artificial hydration.	
Goal of the trial:		
	<input type="checkbox"/> Long-term artificial nutrition/hydration.	
D	Discussed with: <input type="checkbox"/> Patient <input type="checkbox"/> Healthcare Decision Maker <input type="checkbox"/> Parent of Minor <input type="checkbox"/> Court Appointed Guardian <input type="checkbox"/> Other	
	<input type="checkbox"/> Interpreter used	
Signature of Authorized Healthcare Provider: My signature below indicates to the best of my knowledge that these orders are consistent with the person's medical condition and preferences. Authorized Providers include: Medical Doctor, Doctor of Osteopathic Medicine, Advance Practice Nurse and Physician Assistant.		
Authorized Healthcare Provider Name (required, please print)		Authorized Healthcare Provider Phone Number
Authorized Healthcare Provider Signature (required)		Date
Signature of Patient or Healthcare Decision Maker: By signing this form, I declare I have had a conversation with the healthcare provider. I direct the healthcare provider and others involved in care to provide healthcare as described in this directive. If signed by a surrogate, the patient must be decisionally incapacitated and the person signing must be the legal surrogate.		
Signature (required)	Name (print)	Date
Address	Phone	Relationship to the Patient
HIPAA PERMITS DISCLOSURE OF THIS INFORMATION TO OTHER HEALTHCARE PROFESSIONALS AS NECESSARY		
NMMedicalOrdersForScopeOfTreatment — May 16, 2016 6:52 PM		
www.nmmost.org		

STATEWIDE PUBLIC HEALTH GATING CRITERIA FOR REOPENING ²⁰

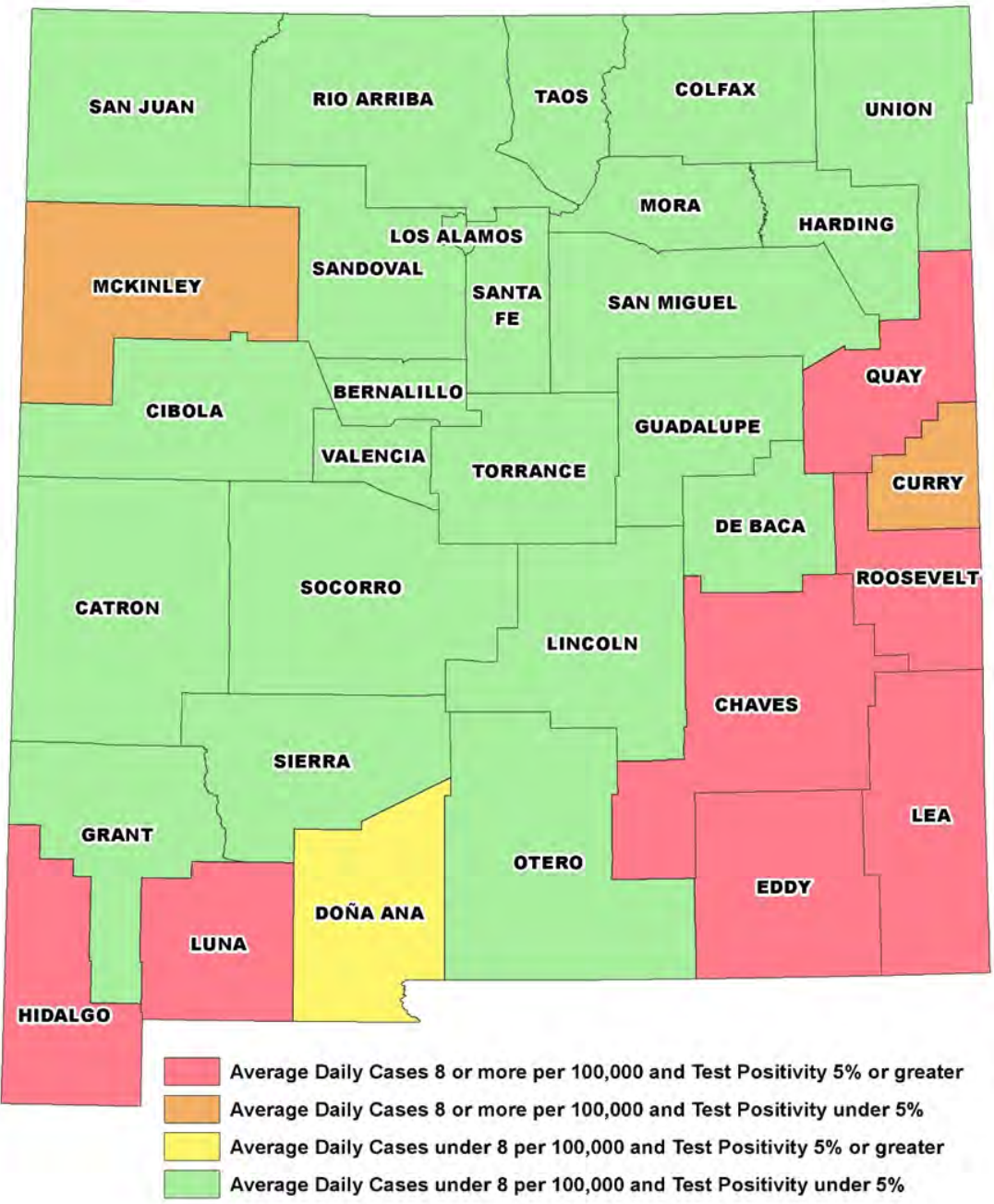
Criterion	Measure	Gating Target	Current Status
Spread of COVID-19	Rate of COVID-19 Transmission (10-day Rolling Average)	1.05 or less	0.77 on 12/9/20
	NM daily cases (7-day rolling average)	168	1,610 on 12/4/20
Testing Capacity: general and targeted populations*	Number of tests per day (7-day rolling average)	5,000 / day	12,740 on 12/7/20
	Test Positivity Rate (7-day rolling average)	5.0% or less	12.69% on 12/7/20
Contact Tracing and Isolation Capacity	Time from positive test result to: -isolation recommendation for case -quarantine rec. for case contacts	24 hrs	Week ending 12/4 = 22
		36 hrs	Week ending 12/4 = 24
Statewide Health Care System Capacity	Availability of scarce resources in 7 Hub Hospitals: -Adult ICU beds occupied	439 or less	342 on 12/10/20
	-PPE	7-day supply	7 on 12/8/20

ALL 4 CRITERIA DRIVEN BY SOCIAL DISTANCING BEHAVIORS OF NEW MEXICANS

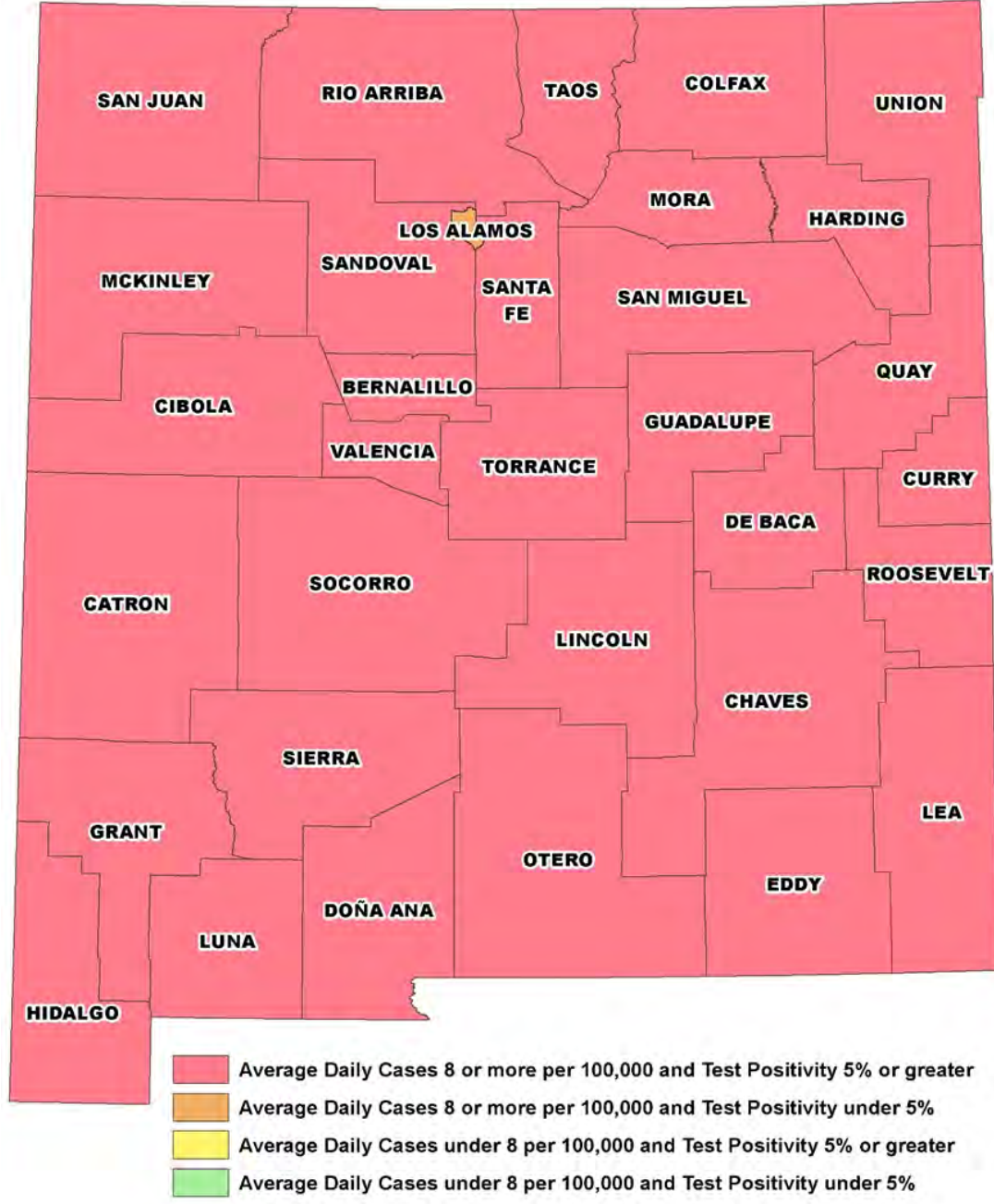
NUMBER OF COVID-19 CASES OVER 14 DAYS TO REMAIN BELOW TARGET

County	Population	Total Cases over 14 Days by Collection Date to Remain Below Target
Bernalillo	679,590	762
Doña Ana	218,836	246
Santa Fe	149,635	168
Sandoval	146,415	164
San Juan	126,122	142
Valencia	75,427	85
Lea	71,570	81
McKinley	70,330	79
Otero	67,700	76
Chaves	64,104	72
Eddy	58,252	66
Curry	49,915	56
Rio Arriba	38,716	44
Taos	32,513	37
San Miguel	27,969	32
Grant	27,862	32
Cibola	26,801	31

County	Population	Total Cases over 14 Days by Collection Date to Remain Below Target
Luna	24,444	28
Roosevelt	19,901	23
Lincoln	19,860	23
Los Alamos	18,856	22
Socorro	17,193	20
Torrance	15,923	18
Colfax	11,903	14
Sierra	11,076	13
Quay	8,396	10
Mora	4,566	6
Guadalupe	4,419	5
Hidalgo	4,242	5
Union	4,090	5
Catron	3,533	4
De Baca	1,840	3
Harding	657	1
New Mexico	2,102,656	2,356



COVID-19 Average Daily Case Rates by Test Positivity, New Mexico Counties, August 19 - September 1, 2020



COVID-19 Average Daily Case Rates by Test Positivity, New Mexico Counties, November 10 - November 23, 2020

WE MUST REMAIN VIGILANT...

Nothing about the virus has changed!

- The “Reset” worked! The curve has flattened but we are unsure about the after effects of the holiday.
- High case counts currently threaten our ability to provide healthcare for all New Mexicans
- We ALL need to stay committed to fighting the virus for 6 to 10 more months.

CASES COUNTS REMAIN TOO HIGH. WE ALL STILL MUST FIGHT THE VIRUS.

STAY AT HOME.

Wash hands, clean surfaces, cough into tissue/elbow.

Everyone needs to wear face coverings in public.

Maintain social distancing (minimum 6 feet).

